

LAP SWIM/RECREATIONAL SWIM

Specific lanes/areas will be designated for Lap/Recreational swimming, however, pool may be utilized for other programs during designated Lap/Recreational swim times.

LAP SWIM

Monday - Friday	9:00 am - 4:30 pm
Monday, Wednesday, Friday	6:45 pm - 8:00 pm
Saturday	9:00 am - 12:00 pm
Sunday	4:00 pm - 7:00 pm

RECREATION SWIM

Monday - Friday	11:30 am - 2:30 pm
Saturday	9:00 am - 12:00 pm
Sunday	4:00 pm - 7:00 pm

FACILITY ADMISSION FEES

Adults (16 years & older) \$5.00/visit or \$95.00/20 visits
Children/Disabled/Seniors (62 & older)
\$1.50/visit or \$25.00/20 visits

All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee.

- Discount passes are available for purchase and can be used at all City pools (passes expire one year from the date of issue).
- Children under 7 years of age or less than four feet tall must be accompanied by a paying parent or responsible adult in a swimsuit at all times. While in the water, a parent or responsible adult must remain within arms reach of the child.

SAFETY CHECKS

There may be ten minute safety checks conducted every half hour or every hour during Recreational Swim hours.

EMERGENCY TESTING

All City pool personnel are subject to emergency testing at any time. Patron patience and cooperation during these drills are greatly appreciated.

REFUND POLICY

Extra care should be given to the selection of classes. There are NO REFUNDS. Class transfers or credit towards another aquatic program may be requested and must be authorized by the Pool Manager. Full refund will be granted only if the class is canceled by the Pool Manager.

RENTALS

All City pools are available to rent for exclusive use or shared use purposes including school activities, athletic team activities, family get-togethers, company parties, special events and celebrations. More information may be obtained from the Pool Manager.

VOLUNTEERS NEEDED!

Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml or contact the Volunteer Office at (619) 685-1324.



DONATIONS

By donating to our park system, you can help the Park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call Stacey Lo Medico, Deputy Director CPII Division, (619) 685-1306.

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT THE DISTRICT MANAGER AT (619) 685-1308) OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST. □ PRINTED ON RECYCLED PAPER.



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

City Heights Swim Center

4380 Landis Street

San Diego, CA 92105

(619) 641-6126

www.sandiego.gov



SUMMER PROGRAM

Effective June 26 - September 4, 2006

Programs and fees are subject to change without prior notice.

THE CITY OF SAN DIEGO LEARN TO SWIM PROGRAM☆

The Learn to Swim Program is designed to teach swimming to children through adults in a positive, fun and safe environment. The City of San Diego offers year-round swim lessons, placing the emphasis on logical skill progression, water safety awareness and endurance. Instructors are all certified by the American Red Cross.

Course descriptions and age ranges should be used as suggested guidelines for appropriate student enrollment. Parents should log on to <http://www.sandiego.gov/park-and-recreation/aquatics> for full description of all classes or contact the Pool Manager. Students may be more accurately assessed on the first day of class for their individual skills and abilities. Students may be transferred to a different class level or be required to repeat a class level. The Pool Manager should be informed of any special needs of the students before the first class session begins.

PARENT/TOT (6 months to 3 years*) With an emphasis on fun and games, our instructors demonstrate swimming techniques that you will use to safely assist your child in adjusting to the water and understanding pool safety rules. This class requires a parent or other responsible adult to participate in the water with the child.

TINY TOTS (3* to 5 years) Prerequisites: The child must be able to understand and obey instructions. Fun songs and games allow Tiny Tots to adjust to the water and be introduced to basic swimming skills. The class is conducted without parent participation.

ADVANCED TOTS (3* to 5 years) Prerequisites: Tiny Tots Swimmers continue to develop basic swimming coordination.

SUPER TOTS (3* to 5 years) Prerequisites: Advanced Tiny Tots Super Tots are introduced to side breathing and learn to swim greater distances on their front and on their back. *Children age 3 and under are required to wear a tight-fitting "swimsuit diaper" or tight-fitting plastic pants under a swimsuit.

CHILDREN SWIMMING LESSONS (6 years and up) Lessons include Beginner 1, Beginner 2, Beginner 3, Advanced Beginner, Intermediate, Swimmer and Advanced Swimmer.

ADULT LESSONS (ages 15 and up) Adults are taught individually and as part of a group in a multi-level class of students with varied skills from beginning through advanced.

PRIVATE/SEMI-PRIVATE LESSONS Private or semi-private classes are available for special needs or personal instruction. The instructor will focus on the skills suited for the participant. The Pool Manager can be contacted for more information and the scheduling of private lessons.

SWIM LESSON SCHEDULE

REGISTER NOW! 30 MINUTE LESSONS

\$53.75 (City of San Diego Resident fee)

MONDAY - FRIDAY

Session 1

June 26 - July 7 (no classes July 4)

Session 2

July 10 - July 21

Session 3

July 24 - August 4

Session 4

August 7 - August 18

Session 5

August 21 - September 1

9:00 am - 9:30 am

ADULT

9:35 am - 10:05 am

TT

BI

10:10 am - 10:40 am

AT

BII

10:45 am - 11:15 am

ST

BIII

2:45 pm - 3:15 pm

TT

BI

3:20 pm - 3:50 pm

AT

BI

BII

3:55 pm - 4:25 pm

TT

BI

BII

BIII

4:30 pm - 5:00 pm

ST

AB

BII


5:05 pm - 5:35 pm

TT

BI

5:40 pm - 6:10 pm

ADULT



WATER POLO☆

Participants are introduced to basic water polo skills with emphasis on teamwork and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute.

Pee-Wees (9 & under); Youngers (10-13); Olders (14 & 17)

Tuesday, Thursday, Sunday

4:30 pm - 5:30 pm

June \$2.20

July \$14.30

August \$15.40


☆ A limited number of scholarships (based on financial need) are available, please contact Pool Manager for more information.

CSDS City of San Diego Swim☆

The CSDSL is a multi-level progressive swim program that offers a range of competitive swimming opportunities. The levels of commitment, training and performance increase with each level of participation.

The **White Level** is for the swimmer who is new to competitive swimming. The focus of the White Level is placed on the instruction and technique of the four competitive strokes (freestyle, backstroke, breaststroke and butterfly) in a fun and social environment. Competition among the 13 City pools is scheduled year around.

The **Silver level** introduces the athlete to the more structured competitive aspect of swimming. Training and swim meets are planned around the development of the athletes. Competition among the 13 City pools is scheduled year around and competition in sanctioned swim meets may begin at this level with USA (United States Swimming Association) swimming membership.



The **Blue Level** is the most advanced level of competition. This level is for USA members only and membership to USA Swimming is required. Participation in many local and western states swim meets are scheduled for these advanced swimmers. The short course season is September through April and the long course season is May through August. Ages 5-17

White Level		
Monday, Wednesday, Friday		4:45 pm - 5:45 pm
June \$11.00	July \$46.20	August \$50.60
Silver Level		
Monday - Friday		5:45 pm - 6:45 pm
June \$5.50	July \$23.10	August \$25.30
Blue Level		
Monday - Friday		4:45 p m - 6:45 pm
June \$3.30	July \$14.30	August \$14.30

- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.
- All Aquatics programs, schedules and fees may change and/or be cancelled without notice.

